

"To Identify and advocate for issuuses faced by state employed women"

GENERAL MEMBERSHIP MEETING Department of Labor and Industries, Rooms S117 & S118 January 9, 2007, 8:30am – 4:30pm

8:30 – 9:00am	Registration and Networking
9:00 – 9:10am	Dianna, Chair – Welcome/Introduction of new members • Ann Williams – Alternate, Department of Corrections • Lauren Danner – Member, WA State Historical Society • Kathy Bilhimer – Member, Attorney General's Office
9:10 – 9:20am	Dianna, Chair – Icebreaker/Team Building
9:20 – 10:00am	Committee Reports/Resources • Pam – Clothing Drive Wrap-Up request for volunteers • Sarah – Sign-up sheet for "Getting Connected" • Dianna – Sandra Smith book donation to each member • Connie – Bylaws discussion continues, working on quoting RCW language in bylaws (up for vote at next general membership meeting)

Conference Committee

Chair: Sarah Bland, State Board of Education

- Meeting to discuss conference site Vancouver
- Pursuing contract with Vancouver Hilton for 2008 Conference
- Meeting planned to go over contract
- Finding keynote speakers
- Theme is "Today's Women/Today's Leaders"
- Safeplace and Yoga Workspace handouts available

Education Committee

Chair: Michelle Lucero, Department of Agriculture

- First training of year, great turnout
- Governor's GMAP office, contact for new trainer
- Working with Sarah to get a back-up for downloading registrations from website
- Looking into new training offerings for the year
- Working on Domestic Violence workshop with Health and Wellness Committee

History Committee

Chair: Robyn Bradshaw, The Evergreen State College

- Grant with Women's History Consortium
- Sorted materials in missing boxes that were found
- Report of "ICSEW 20 Years" booklet with Archives coming soon
- Working on policies and procedures for History Committee and archiving with Dave Hastings (State Archives)

Communications Committee

Chair: Kelly Stowe, Department of Transportation

 Newsletter posted by Friday, three submittals made us short for articles, please submit articles now if you have them ready

Treasurer

Chair: Ethel Smith, Office of the Insurance Commissioner

- Fund balance total was \$48,462.88, close of December 2006
- Spending is on track for last six months of fiscal year

Take Your Daughters/Sons to Work Day

Chair: Patricia Thronson, Department of Information Services

- Coordinating May event after WASL but before Health & Wellness week
- Coordinating with National Event
- Consider volunteering for this important event

Membership Committee

Chair: Rachele Brady, Department of Revenue

- If you are an alternate and planning to attend the next general membership meeting when we are going to vote, please fill out a proxy to vote (form available online)
- Membership still needs volunteers, talk to Rachele at the break
- Working on an updated roster, pass around at meeting, please update
- Have a few boxes for History Committee, planning a short meeting

Health and Wellness Committee

Chair: Kristin Reichl, Department of Health

- Connie Neighbors reporting for Kristen
- Working on setting up vendors for Health and Wellness Fair
- Please let Kris know if you have suggestions for vendors and what you want to see at Fair
- Theme: "Making Healthy Choices: Body, Mind and Spirit"

Promotional and Career Opportunities Committee Chair: Kirsten Wilson, Department of General Administration

Working on an article for *InterAct*

Brochures available on training and career development

10:00 – 10:15am Dianna & Connie – Colors Team Building Exercise Prep

Introduction of Communications Exercise – tools for

communicating more effectively with others

10:15 – 10:30am Break

10:30 – 11:30am Facilitate Colors Exercise – Michelle Lucero

Kirsten Wilson Amilee Wilson Rachele Brady

11:30 – 11:45am Reporting of Colors Communications Exercise – What we

learned from the exercise about ourselves & others and how we can apply it to our work environment/apply it to our role in

ICSEW

11:45 – 1:00pm Networking lunch meetings

1:00 – 2:30pm Health and Productivity Management/ Washington Wellness

Works – Scott Pritchard

• Goals: Reduce health cost trends and increase health of WA residents

- Prevention is the key to good health
- Focus on people at low risk; give them the tools to stay low risk (i.e. discounts for state employees at local gyms)
- Three areas of focus for first year of WA Wellness Works:
- 1) Communicate 2) Engage and 3) Measure progress
- Will help people with 1) Physical activity 2) Food selection 3) Preventive Care and 4) Tobacco Use
- What can state employees do?
- 1) Communicate and engage 2) Complete HRA and 3) Reduce personal health risks
- Go online to WA Wellness Works website and link to HRA is provided (adults or children over 18 yrs). You may use state computer and state time to fill out survey.

2:30 – 2:45 pm Break

2:45 – 3:15pm Legislative Introduction – Michelle Lucero, Department of Agriculture

- Governor's Policy Agenda 1) Education; 2) Health Care; 3) Economic Vitality; 4) Transportation; 5) Puget Sound and; 6) Budget
- As a Governor appointed board we will use our liaison, Peter Bogdanoff, as council before moving forward on a legislative issue

• Be prepared to observe the legislative process in order to participate on issues in the future

3:15 – 3:30pm Wrap-Up

• Feedback: presentations/exercises were a good use of our time; communication exercise was helpful; enjoyed the speaker.

3:30 – 4:30pm Committee Breakouts

4:30pm Adjourn

Executive Board Assignments Tuesday, January 9, 2007

Dianna Gifford, Chair
☐ Finalize Bylaws for vote at next general membership meeting
Connie Riker, Vice Chair
☐ Finalize Bylaws for vote at next general membership meeting
Amilee Wilson, Executive Secretary
☐ Finalize minutes and send to ListServ for review
 □ Send final minutes to Sarah and Robyn for website and archive □ Write-up feedback from communications exercise
Robyn Bradshaw, History Committee
☐ Articles for <i>InterAct</i>
Rachele Brady, Membership
☐ Record new members
\Box Articles for <i>InterAct</i>
Ethel Smith, Treasurer
☐ Articles for <i>InterAct</i>
Kelly Stowe, Communications Committee
☐ After receiving articles, post <i>InterAct</i> on ICSEW website
Sarah Bland, Conference Committee
☐ Articles for <i>InterAct</i>
Kristin Reichl, Health and Wellness Committee Articles for InterAct
Kirsten Wilson, Promotional and Career Opportunities ☐ Articles for <i>InterAct</i>
Patricia Thronson, Take Your Daughters/Sons to Work Day Articles for InterAct
All Membership ☐ Submit articles for the <i>InterAct</i> to Kelly Stowe ASAP.
Thank you!